

TEST FOR ERRONEOUS BELIEFS

Read each of the following statements; then, from the top of the test, choose the term which best describes your response. Put the number above that term in the box to the left hand side of each statement.

1 2 3 4 5 6 7
 Always Very Often Often Sometimes Seldom Very Seldom Never

FEAR OF REJECTION	FEAR OF FAILURE	FEAR OF PUNISHMENT / PUNISHING OTHERS	SHAME
I avoid certain people.	Because of fear, I often avoid participating in certain activities.	I fear what God might do to me.	I often think about past failures or experiences of rejection.
When I sense that someone might reject me, I become nervous and anxious.	When I sense that I might experience failure in some important area, I become nervous and anxious.	After I fail, I worry about God's response.	There are certain things about my past which I cannot recall without experiencing strong, painful emotions (ie. guilt, shame, anger, fear, etc.)
I am uncomfortable around those who are different from me.	I worry.	When I see someone in a different situation, I wonder what he or she did to deserve it.	I seem to make the same mistakes over and over again.
It bothers me when someone is unfriendly to me.	I have unexplained anxiety.	When something goes wrong, I have a tendency to think that God must be punishing me	There are certain aspects of my character that I want to change, but I don't believe I can ever successfully do so.
I am basically shy and unsocial.	I am a perfectionist.	I am very hard on myself when I fail.	I feel inferior.
I am critical of others.	I am compelled to justify my mistakes.	I find myself wanting to blame people when they fail.	There are aspects of my appearance that I cannot accept.
I find myself trying to impress others.	There are certain areas in which I feel I must succeed.	I get angry with God when someone who is immoral or dishonest prospers.	I am generally disgusted with myself.
I become depressed when someone criticizes me.	I become depressed when I fail.	I am compelled to tell others when I see them doing wrong.	I feel that certain experiences have basically ruined my life.
I always try to determine what people think of me.	I become angry with people who interfere with my attempts to succeed, and as a result, make me appear incompetent.	I tend to focus on the faults and failures of others.	I perceive of myself as an immoral person.
I don't understand people and what motivates them	I am self-critical.	God seems harsh to me.	I feel that I have lost the opportunity to experience a complete and wonderful life.
Total – Fear Of Rejection	Total – Fear Of Failure	Total – Fear Of Punishment	Total - Shame

INTERPRETATION OF TEST SCORE

Add up the total of each column, and write at the bottom of the column. Then interpret your scores with the following information:

If your score is

57-70 - God has apparently given you a very strong appreciation for His love and unconditional acceptance. You seem to be freed from this erroneous belief, fear, or compulsion that plagues most people. (Warning: Some people who score this high are either greatly deceived, or have become callous to their emotions as a way to suppress pain.)

47-56 - This erroneous belief, fear, or compulsion controls your responses rarely, or only in certain situations. Again, the only major exceptions are those who are not honest with themselves.

37-46 - When you experience emotional problems, they may relate to this erroneous belief, fear, or compulsion. Upon reflection, you will probably relate many of your previous decisions to this erroneous belief, fear, or compulsion. Many of your future decisions will also be affected by this erroneous belief, fear or compulsion unless you take direct action to overcome these tendencies.

27-36 - The erroneous belief, fear, or compulsion forms a general backdrop to your life. There are probably few days that you are not affected in some way by this erroneous belief, fear, or compulsion. Unfortunately, this robs you of the joy and peace your salvation is meant to bring.

0-26 - Experiences of this erroneous belief, fear or compulsion dominate your memory, and have probably resulted in a great deal of depression. These problems will remain until some definitive action is taken. In other words, this condition will not simply disappear; time alone cannot heal your pain. You need to experience deep healing in your self-concept, in your relationship with God, and in your relationships with others.

BELIEF SYSTEMS

SATAN'S LIE:	GOD'S TRUTH:
Your Worth = Opinions Of Others + Your Performance	Your Worth = What God Says About You
Fear of rejection <i>I must be approved (accepted) by certain others to feel good about myself. If I'm not approved ...</i>	Reconciliation (Colossians 1:19-22): <i>I am totally accepted by God</i>
Fear of failure <i>I must meet certain standards to feel good about myself. If I don't ...</i>	Justification (Romans 3:19-25; 2 Corinthians 5:21): <i>I am completely forgiven and fully pleasing to God.</i>
Fear of punishment; propensity to punish others <i>Those who fail are unworthy of love and deserve to be blamed and condemned.</i>	Propitiation / Atonement (1 John 4:9-10): <i>I am deeply loved by God.</i>
Shame <i>I am what I am; I cannot change; I am hopeless.</i>	Regeneration (2 Corinthians 5:17): <i>I am absolutely complete in Christ.</i>

We can renew our minds by using our emotions to analyze our belief system.